



Contest Description

Edmonton Expo Centre, Edmonton

May 6, 2026

EVENT: Culinary Arts	LEVEL: Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
DURATION: One Day Competition COMPETITOR ORIENTATION: MAY 5, 2026 - 4:30PM. Mystery ingredients will be revealed at orientation. May 6, 2025, 7:45 AM – 5:00 PM Module A: 3.5 hours (3 hours and 30 minutes) Lunch Break: 1 hour Module B: 3.5 hours (3 hours and 30 minutes) 7 hours total (Competition time)	REGIONALIZED: YES Competitors must qualify through a Regional Skills Canada Competition (RSCC) to earn a position in the Culinary Arts competition at the Provincial Skills Canada Competition (PSCC).

Please Note: This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in yellow.

CONTEST INTRODUCTION

The competition will evaluate each competitor's culinary competencies and creativity while recognizing outstanding students for excellence and professionalism in their field.

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menus (Module A and Module B) as outlined in this contest description. The practical test challenges both culinary knowledge and creativity. This contest description outlines what is required from each competitor, and how marks are awarded.

CONVERSION EXERCISE (see Appendix #2 for an example.)

- Worksheet and calculator provided by the PTC.
- Competitors CANNOT use their own device for their calculations.
- Competitors must submit the costing exercise and calculator by 9:00 AM.



COMPETITION SCHEDULE IN DETAIL

Module A

7:45 AM - Competitors arrive on site.

- Safety Briefing
- Provincial Technical Committee (PTC) briefing and questions.

8:10 AM - Set-up cooking stations. (No contact with food items at this time.)

- Only competitors are permitted in the contest area. No assistance is permitted at this time.

8:30 AM - Start of competition. Post Work Plan. Begin Conversion Test.

- **Competitors must submit the conversion test by 9:00 AM.** After handing in the conversion test and calculator, competitors may begin food preparation.
- **Mystery boxes of ingredients are distributed at 8:30 AM.** A minimum of 60% of the items in the mystery box must be prominently incorporated into the competitor's menu.

9:00 AM - Submit Module A Menu. (2 copies)

10:40 AM - 11:00 AM - Butchery Competency

11:30 AM – Present Precision Cuts Competency

11:30 AM - Clean Up after Module 1.

All food production must end. Competition site will be closed from 12:00-12:50PM.

12:00 PM - Competitors leave the competitions site.

**Lunch is provided for the competitors*

Module B

12:50 PM - Competitors return for Module B briefing.

1:00 PM - Competition Resumes.

1:30 PM - Submit Module B Menu (including mystery ingredients). (2 copies)

2:30 PM - Present Appetizer Course.

3:15 PM - Present Main Course.

4:00 PM - Present Dessert.

4:00 - 4:30 PM - Clean Up and leave site with all belongings and equipment.

***Competitors must clean, sanitize, and dry all their tools and equipment before packing them.**

Timing of Service: There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example: Competencies must be served from 11:30 AM to 11:32 AM After which marks will be deducted per minute until 11:42 AM. At 11:43 AM submitted work will no longer be accepted for judging.

DESCRIPTION OF PROJECTS AND TASKS

Module A Conversion Test and Competencies	
Description	<ul style="list-style-type: none"> • Conversion Test (see Appendix #2) • Precision Cuts Competency: Competitors will produce the following: <ul style="list-style-type: none"> ▪ 3 x 50 g, Vegetable cuts – medium dice, tourné, batonnet (see Appendix #3) ▪ Amounts used in plates are at the discretion of the competitor but must be written into their menu and must display the core competency. ▪ Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu. • Chicken Butchery Competency -Timed Test Competitors will be provided with a whole chicken and must complete the following tasks within a 20-minute time period. <i>(Please be advised that this chicken will be used in your 3 main course plates.)</i> <ul style="list-style-type: none"> ▪ Task - Break chicken down into Bone-In 8 cut. (see Appendix #4) French trimming is optional, skin may be removed but must be shown.
Additional Requirements	<p>Competitors must bring:</p> <ul style="list-style-type: none"> • Two copies of their menu, detailing the two courses they are serving. Menus should not state the name or school of the competitor. • Two copies of their work plan. One to be posted at their workstation, and the other to be handed in to the judges. Work plans must have the competitors name on them.
Service Details	<ul style="list-style-type: none"> • Some recipes are provided (see Appendix #1) • Reusable containers will be provided for the precision cuts. • No service wares (China) permitted other than that which is provided by the committee.
Available Ingredients	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. • <u>Recipes should be scaled up or down according to required amounts.</u> • Recipes meet the competitions' foundational competencies, though may be built upon in regard to seasoning and garnish.

	<ul style="list-style-type: none"> A list of all ingredients available for this module will be included in the common food table document. During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all the ingredients but must incorporate a minimum of 60% of the ingredients into their menus. Typical categories may include: <ul style="list-style-type: none"> Brassica Fruits Leaf Nightshade Roots/tubers
Special Equipment Required	<ul style="list-style-type: none"> To promote sustainability The PTC has requested reusable containers for presentation of vegetable & sauce competencies.
<ul style="list-style-type: none"> All vegetable cuts must be presented in provided containers. Conversion exercise will have a 30-minute deadline from the start of the contest. Competitors may not gather food until the conversion test is completed. Module B Mise en place is to be stored neatly in your fridge or at your station. <p>Evaluation Criteria (see Appendix #7)</p> <ul style="list-style-type: none"> Precision: Accuracy and cleanliness of cuts. Speed: Ability to complete tasks within the given timeframe. Waste Management: Minimization of waste. Safety: Proper handling of knives and adherence to safety protocols. 	
<h2 style="text-align: center;"><u>Module B</u></h2> <h3 style="text-align: center;">Appetizer, Main Course, and Dessert</h3>	
Description	<p>Prepare three (3) portions of the following three (3) course menu:</p> <p><u>Appetizer:</u> Gazpacho Soup</p> <ul style="list-style-type: none"> The appetizer must include: <ul style="list-style-type: none"> Tomatoes, cucumber, bell pepper, onion, garlic, extra virgin olive oil, vinegar, seasoning and a bread component A minimum of one (1) item from the mystery box A minimum of one (1) item from the vegetable cuts

	<p><u>Main Course: Chicken Chasseur</u></p> <ul style="list-style-type: none"> The main course must include: <ul style="list-style-type: none"> Chicken, shallots or onions, garlic, mushrooms, tomatoes, sauce, tarragon, parsley A minimum of one (1) starch preparation (e.g., whipped potatoes) A minimum of two (2) vegetable/fruit preparations (e.g., glazed vegetables, sautéed green beans) A minimum of one (1) functional edible garnish A minimum of one (1) ingredient from the mystery box A minimum of one (1) item from the vegetable cuts <p><u>Dessert: Tarte Tatin</u></p> <ul style="list-style-type: none"> The dessert must include: <ul style="list-style-type: none"> Individual Classic Apple Tarte Tatin (<i>pastry provided</i>) Caramel sauce Classic Chantilly cream A minimum of one (1) functional edible garnish A minimum of one (1) item from the mystery box
Additional Requirements	<p>Competitors must bring:</p> <ul style="list-style-type: none"> Two (2) copies of their menu, detailing the three courses they are serving. Menus should not state the name or school of the competitor. Two (2) copies of their work plan. One to be posted at their workstation, and the other to be handed in to the judges. Work plans must have the competitors name on them.
Service Details	<ul style="list-style-type: none"> Appetizer: Minimum 150 g to maximum 210 g Main Course: Minimum 250 g to maximum 300 g Dessert: Minimum 125 g to maximum 185 g Cooking temperature must meet food safety standards, no frozen components.
Available Ingredients	<ul style="list-style-type: none"> Recipes are supplied by the committee where applicable (see Appendix #1). Recipes should be scaled up or down according to required amounts. Recipes meet the competitions' foundational competencies, though may be built upon in regard to seasoning and garnish.

	<ul style="list-style-type: none"> • A list of all ingredients available for this module will be included in the common food table document (see Appendix #9). • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.
Special Equipment Required	<ul style="list-style-type: none"> • Three (3) each of the following plateware will be provided: <ul style="list-style-type: none"> ○ 8" round white soup plates for the Appetizer ○ 12" round white plates for Main Course ○ 12" round white plates for Dessert • No service wares (China) permitted other than that provided. • Service spoons, glasses, ramekins etc. are not allowed.
Required Clothing (Competitors Must Supply):	<ul style="list-style-type: none"> • Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.) • Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta Logo jackets are permitted. • Side Towels • Black or checked chef trousers • White Apron • Uniform for 1 working day (see Appendix #6)

***NOTES:**

- Plate presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.
- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service ware & China, skewers, shot glasses etc. are not acceptable for presentation on the judged plates.
- **Competitors may not bring any electric equipment other than a set of electric beaters to prepare the dessert. Digital scales, and kitchen timers** are also acceptable.

- Competitors may bring any tool and/or equipment (**non-electric**) deemed necessary. All the tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Professional Chef Uniforms are available at your cost through Chef's Hat Inc. – please contact info@chefs-hat.com to order. Uniforms **may not** be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta or Skills Canada logo jackets are permitted.
- Domestic stoves to be used on the competition site. Please bring trays and pans that will fit into the oven.
- During the contest **communication between candidates and persons outside the competition are not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication. This includes the candidate's coach/instructor.
- **Candidates cannot have cell phones, smart watches or other devices in the competition area.**
- All competitors are responsible for cleaning up their work areas, stoves, sinks, and refrigerators before they leave the competition area at the end of the competition.
- Points will be deducted for competitors that do not comply. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

Grooming Standards

- Hands must be washed; nails must be trimmed, clean and free of nail polish while working with food. **False nails are not permitted in the contest area.**
- Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.
- Beards must be neat and trimmed or restrained with a beard net.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.
- In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time.
- The PTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.
- The PTC has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**

GENERAL CONTEST DETAILS

Common Table

- Food items necessary to prepare the items in the test project including all required proteins, dairy, and produce items will be available in the common table area. A selection of dry goods, herbs, flavourings, and spices will also be available. Common table items will be specifically outlined in Appendix #9.
- The Provincial Technical Committee (PTC) reserves the right to change or limit food items without notice, depending on availability and quality.
- **You will be marked accordingly for over-use, or waste of products.**
- Unless otherwise stated, ONLY the foods provided by Skills Canada Alberta are permitted for use.

Work Plan Submission

- Competitors must submit two (2) copies of menus and work plans for the competition.
- One copy of the competitor's work plan is to be posted at the competitor's station.
- Work plans can be legibly hand-written, or computer printed. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
- Recipes may be consulted throughout the competition.

Menu Submission

- To ensure continuity and so that the judges are evaluating submissions (food products) on an impartial and equal basis, the following guidelines must be followed for all menu submissions:
 - Two (2) copies of a completed menu must be prepared and submitted on the day of the competition.
 - Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/school/college names cannot appear on the submitted menu.

Work Plan & Menu Infractions

- The judging team will not evaluate any items served (or prepared) that are not specified on the menu. Depending on the severity of the infraction, plates may face deductions or may not be judged.

Professional Conduct and Point Deductions

- It is the primary intent of the PTC to provide a fair, equitable and transparent contest.
- Therefore, during the contest communication between candidates and persons outside the competition are not permitted. This includes verbal, non-verbal, written, and electronic forms of communication. This includes the candidate's coach/instructor.
- Candidates cannot have cell phones, smart watches or other communication devices in the competition area.
- If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site.

- Candidates must consult a PTC member with any questions that arise during the competition. Some questions may require more than one PTC member to discuss the question/concern to reach a decision.
- The schedule for the day of competition is to be followed exactly. Work schedule and service times are to be respected. There will be a two (2) minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness for up to 5 minutes, after which plates will not be accepted.

See example below:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	10:45 to 10:47	10:48	10:49	10:50	10:51	10:52	10:53

- All competitors are responsible for cleaning up their work areas, stoves, sinks, refrigerators, and tools before they leave the competition area at the end of the competition.
- Points will be deducted for competitors that do not comply. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

Basic equipment such as:

Knives	Spatulas	All pots, frying pans, sheet pans, bowls, sieves, cutting boards, molds, etc.
Piping bag and tips	Scales	Kitchen towels and dishtowels
Ladles	Whips	Side towels, oven mitts
Rolling pin	Recipes and reference books	All hand tools used to prepare their menu items.

NOTES:

- Bring only the tools that you plan to use. (I.e., if you don't need a rolling pin to prepare your menu, don't bring one.)
- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, plastic PVC tubes, canned oil sprays or other consumable products. Only the food provided can be used with no substitutions permitted.
- Service ware and china, skewers, shot glasses, etc. are not acceptable for presentation on the judged plates.
- Competitors may bring any tool and/or equipment that is not provided on the shared equipment list. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).

- **Electric Equipment:** Competitors are limited to only bring in one (1) piece of electrical equipment (battery or power operated) for the entire duration of the contest (that is not present on the shared equipment list). All other electric equipment is prohibited. The PTC will be inspecting workstations; any additional items will be removed from the contest site. Choose your equipment wisely! Thermometers, scales and kitchen timers are exempt from the above stipulation.
- One of the objectives of Skills Canada Alberta is the sustainability of the competition. As a result, the toolboxes brought by competitors will be restricted to the following maximum specifications.
 - **Competitors' toolboxes must not exceed 0.6 metres³ in volume.** It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. (60 cm x 60 cm x 60 cm)
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Competitors must clean/sanitize/dry all tools and equipment prior to packing and leaving the site.
- Failure to comply with any rules on this document may result in an infraction.
- Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest. This includes bringing toolboxes larger than 0.6 metres³ in volume.

Equipment and Materials provided by the Provincial Technical Committee (per competitor):

All food from the recipes and the common table	Adequate fridge and freezer space
One worktable with one shelf	One domestic electric stove with oven (no convection)
Available sink with hot & cold water	One electric outlet per workstation
Garbage, recycling, and Organics/Compost bins	One display area for finished plates
All plate ware and service ware	Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets
Hand soap and paper towels	One (1) - Bun Rack/Rack and Roll per station
Baking Sheets – ½ - eight (6) per station	Baking Sheets – Full – four (4) per station

Shared Equipment and Materials between Competitors – Provided by the Provincial Technical Committee:

Immersion blender	Microwave	Parchment paper
Kitchen blender	Spice grinder	Torch (propane or butane)
Plastic-wrap	Whip cream No 2 cartridges	Food processor with bowl and cutter blade
Butcher's twine	Cheesecloth	Re-sealable bags
Mixer (countertop) whip, dough hook & paddle attachments	Cryovac Machine; bags of various sizes.	Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids (1 sleeve maximum per competitor)
Aluminum foil		

- Shared Equipment must be cleaned and returned as soon as possible for other competitors to use. Judges may apply a penalty to any competitor that is monopolizing shared equipment.
- It is not permitted to bring your own equipment from the Shared Equipment List.
- Competitors that bring equipment that is on the shared list will be asked to remove it from the contest area.

Required Clothing provided by the Competitor:

See Appendix #6 for pictures of appropriate clothing and footwear.

Black wipeable non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)	Side towels	White apron
Double breasted long sleeve white chef jacket	Black or checkered chef pants	Cleaning cloths/towels
Uniforms for one working day. Uniforms must be clean and in good repair. Uniforms must not display any inscription or logo.		

- A chef hat will be supplied to be used for the competition.
- Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact info@chefs-hat.com to order. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta Logo jackets are permitted.

NOTE: If a competitor has an additional clothing requirement that is not listed above, please email MikeS@SkillsAlberta.com to make further accommodations prior to arriving at the competition.



Competition Specific Rules

The following Competition Specific rules along with SCA's overall Policies and Procedures provide specific details in competition areas that may vary from one another. Any additional contest rules will be reviewed during the Competitor Orientation.

Topic/Task	Contest Specific Rule
Use of Technology	Competitors are not allowed laptops, tablets, cameras, cell phones, ear buds, calculators or other personal electronics in the competition area unless specified by the committee for certain tasks.

2026 SECONDARY MARKING SCHEME (see Appendix #7)

Competitors will be evaluated as Measurement (Yes/No), or Judgment in the following categories:

- Safety & Sanitation – 15%
- Organization & Product Utilization – 10%
- Preparation & Technical Skills – 25%
- Presentation – 15%
- Taste & Required Menu Components – 35%

TIE BREAKING PROCESS

In the case of a tie, the highest score in the **Taste** section will prevail. Competitors should taste often and correct flavours and seasoning to enhance their placement.

SAFETY

The health, safety, and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committee, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

All questions must be addressed to the PTC Chair

Andrew Springett: andrew.springett@sait.ca

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Skillz & Thrillz Podcast

Check out our podcast – Skillz & Thrillz: Alberta's Trade & Tech Youth Podcast. Our talented alumni share tips and tricks on how to succeed in competitions and your career! Their insights can help you prepare for your Skills journey, and who knows, you might just be a future guest! <https://skillsalberta.com/student-resources/skillz-thrillz-albertas-trade-tech-youth-podcast/>



Project Change at the Competition

Where a Test Project has been circulated to competitors in advance, the PTC can change the project up to a maximum of 30% of the work content for the competition.

Competitor Registration

Registration for regionalized events will open online on January 7, 2026 @ 3:30 PM. Please refer to this competitions event page for additional registration and competition information: <https://skillsalberta.com/competition/>

Lunch

Lunch for accredited competitors will be provided by Skills Canada Alberta.

Parking & Venue Maps

Parking is FREE for all attendees.

Attendees **MUST** register for FREE parking by clicking the below link. Attendees can pre-register their vehicle at anytime prior to the PSCC or register onsite at the PSCC.

<https://www.offstreet.io/events/CBLHM7U1>

<http://edmontonexpocentre.com/attend/parking/>

Opening Ceremonies / Competitor Onsite Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 5, 2026, at 6:00 pm in Hall D of the Edmonton EXPO Centre. Admission is free, and everyone is welcome to attend. It is important to note that competitor registration will open immediately following the Opening Ceremonies.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 7, 2026, at 6:30 pm in Hall D of the Edmonton EXPO Centre. Admission is free and everyone is welcome to attend. The Awards Ceremony will be shown live at <http://skillsalberta.com/>

Team Alberta Information

Team Alberta will be selected at the PSCC Awards Ceremony. Gold medalists will then be eligible to participate at the Skills Canada National Competition (SCNC) on May 27 - May 30, 2026, in Toronto, Ont. It is recommended that competitors review and become familiar with the SCNC contest description and project at

<https://www.skillscompetencescanada.com/en/event/skills-canada-national-competition-2026/>

During the PSCC Awards Ceremony on Thursday May 7, 2026, Gold medalists will be given their Team Alberta information package and will confirm their participation in the SCNC. Students must be present at the Awards Ceremony to claim their position on Team Alberta. If the Gold medalist is not able to attend SCNC, the next highest-ranking individual will be asked to participate. If a student is not able to attend the Awards Ceremony an email confirming the



student's interest in Team Alberta participation must be emailed to javierad@skillsalberta.com prior to the start of competition on May 6, 2026.

Please prepare your students in advance to accept a position on Team Alberta and review how your school will support their participation.

Please see this link for additional Team Alberta information: <https://skillsalberta.com/team-alberta/>

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Alyssa Paron	Ian Campbell	Rob Champ
Andrew Springett	Jason St. Laurent	Sabrina DelBen
Carla Klassen	Jennifer Steele-Watts	Stephen Klassen
Carmen Todosychuk	Matthew Stinson	Wesley Kube
Freedom Adams-Lingenfelter	Miranda Moesker	Chris Bunter
Helmut Schoderbock	Pavol Nedved	

Appendix #1 – Recipes

The recipes for this contest have been referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- **The recipes are intended as a guide and may/should be adjusted as required to produce appropriate quantities**, flavours and correct seasoning.
- Although some recipes are included in this “contest project” we recommend that you refer to the “Professional Cooking” or “On Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B.
- The “Professional Cooking” or “On Cooking” textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module’s preparation (e.g., cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices must be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

See Appendix #5 for guidelines on converting recipes.

Gazpacho (yield 2 ½ L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
2 ½	lb	Tomatoes	Peeled and chopped fine
1	lb	Cucumbers	Peeled and chopped fine
8	oz	Onions	Peeled and chopped fine
4	oz	Green peppers	Seeded and chopped fine
½	tsp	Garlic	Crushed
2	oz	Fresh white bread crumbs	
1	pt	Cold water or tomato juice	
3	oz	Red wine vinegar	
4	oz	Olive oil	
To taste		Salt	
To taste		Pepper	
To taste		Cayenne or hot red pepper sauce	
To taste		Lemon juice or vinegar	
		Garnish:	
2	oz	Onion	Small dice
2	oz	Cucumber	Small dice
2	oz	Green pepper	Small dice

1. If a blender is available, combine all ingredients in the blender and process until liquified.
2. If a blender is not available, combine all ingredients except the olive oil. Pass through a food mill. If a smoother soup is desired, then pass through a fine sieve. Rub the solids through the sieve to puree them. Place the mixture in a stainless-steel bowl. Using a wire whip, slowly beat in the olive oil.
3. Add salt, pepper and cayenne or pepper sauce to taste.
4. If necessary, adjust the tartness by adding a little lemon juice or vinegar.
5. Chill the soup thoroughly.
6. Combine garnish ingredients in a small bowl or bain marie.
7. At service time, ladle 6 oz (200 ml) gazpacho into chilled soup cups. Top with 1-2 tbsp (15-30 g) diced vegetable garnish. If desired, gazpacho may be served with ice cubes.

Brown Sauce (yield 4 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1	lb	Onion	medium dice, for Mirepoix
8	oz	Carrots	medium dice, for Mirepoix
8	oz	Celery	medium dice, for Mirepoix
8	oz	Butter	
8	oz	Bread flour	
6	qt	Brown stock	
8	oz	Tomato purée	
0.5	each	Bay leaf	for Sachet
0.25	tsp	Thyme	for Sachet
6	each	Parsley stems	6-8 stems, for Sachet

1. Sauté the mirepoix in the butter until well browned.
2. Add the flour and stir to make the roux. Continue to cook until the roux is browned.
3. Gradually stir in the brown stock and tomato purée, stirring constantly until the mixture comes to a boil.
4. Reduce heat to simmer and skim the surface. Add the sachet and let simmer for about 2 hours, until the sauce is reduced to 1 gal (4 L). Skim as often as necessary.
5. Strain through a china cap lined with several layers of cheesecloth. Press on the mirepoix gently to extract their juices.
6. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Demiglaze (yield 4 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1	Gal	Brown sauce	
1	Gal	Brown stock	

1. Combine the sauce and stock in a saucepan and simmer until reduced by half.
2. Strain through a chinois (fine china cap) or a regular china cap lined with cheesecloth. Cover to prevent a skin from forming. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Chasseur Sauce (yield 1 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
2	oz	Butter	
6	oz	Mushrooms	sliced
2	oz	Shallots	minced
8	oz	White wine	
1	qt	Demi-glace	
8	oz	Tomato	diced
0.25	oz	Tarragon	minced
0.3	oz	Parsley	minced for garnish

1. Sauté mushrooms and shallots in butter.
2. Add white wine and reduce by three-fourths.
3. Add demi-glace and tomato.
4. Simmer 5 minutes and add herbs.

Tart Tatin (yield one 9-inch tart (23 cm))

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1500	g	Apples	Peeled, halved, cored
100	g	Butter	
250	g	Sugar	minced
250	g	Pastry/pie dough	

1. Peel the apples, cut them in half vertically, and remove the cores.
2. Select a heavy 10-inch skillet (25 cm) or sauté pan (a 10-inch skillet is needed to make a 9-inch tart). Melt the butter in the skillet. Cover the butter with the sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill the center with the remaining apple halves. The pan should be completely full of apple halves standing on their edges and leaning against each other. They should protrude above the rim of the pan, but they will sink as they cook, making a tart about 1 ½ inches (4 cm) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked but will cook when the tart is baked. Remove from the heat and let cool slightly.
5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples.

6. Bake at 425°F (220°C) about 30-40 minutes, until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or will be partially reabsorbed so that the tart can be turned out. Place a cake circle or a platter over the pan, then invert the pan and circle or platter to turn out the tart. The tops of the apples should have a rich caramel color. If more shine is desired, the top can be dusted with sugar and caramelized under a broiler. Serve warm or at room temperature.

Caramel Sauce (yield 1 ½ qt)

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1	kg	Sugar	
250	mL	Water	
30	mL	Lemon juice	
750	mL	Heavy cream	
500	mL	Milk	

1. Combine the sugar, water and lemon juice in a heavy saucepan. Bring to a boil, stirring to dissolve the sugar. Cook the syrup to the caramel stage. Toward the end of the cooking time, turn the heat to very low to avoid burning the sugar or letting it get too dark. It should be a golden color.
2. Remove from heat and cool 5 minutes.
3. Bring the heavy cream to a boil. Add a few ounces of the caramel.
4. Stir and continue to add the cream slowly. Return to the heat and stir until all the caramel is dissolved.
5. Let cool completely.
6. Stir the milk into the cooled caramel to thin it out.

Appendix #2 - Recipe Conversion Exercise

Instructions & Example

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Provincial Technical Committee.
- Competitor must supply writing implement – pen or pencil
- Competitors CANNOT use their own device for their calculations. (i.e., smartphone, tablet, personal calculator, or other programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: half mark for each conversion factor, 1 mark for each new quantity.

Competitor No. ____

Recipe Name: **Brown Sauce**

Score: ____ / 15









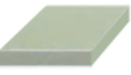

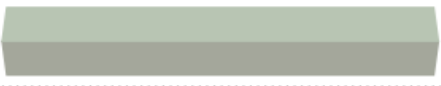


Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.5 litres

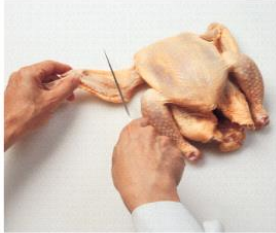
Appendix #3 – Precision Cuts

Source: Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Page: 145

	(a) Tourné: 2 in. long × ¾ in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: ¾ in. × ¾ in. × ¾ in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: ½ in. × ½ in. × ½ in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: ¼ in. × ¼ in. × ¼ in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): ⅛ in. × ⅛ in. × ⅛ in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: ⅙ in. × ⅙ in. × ⅙ in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: ½ in. × ½ in. × ⅛ in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozenge: ½ in. × ½ in. × ⅛ in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnnet: ¼ in. × ¼ in. × 2 ½-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): ⅛ in. × ⅛ in. × 2 ½ in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × ⅙ in. × ⅙ in. (1.5 mm × 1.5 mm × 5 cm).

Appendix #4 – Chicken Cuts



J. Gerard Smith/© John Wiley & Sons, Inc.

(a) Cut off the wings at the second joint. Save for stocks.



J. Gerard Smith/© John Wiley & Sons, Inc.

(b) Cut through the skin between the leg and the body.



J. Gerard Smith/© John Wiley & Sons, Inc.

(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the "oyster," the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



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(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



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(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



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(f) Continue the cut along the wishbone to the wing joint.



J. Gerard Smith/© John Wiley & Sons, Inc.

(g) Holding the chicken by the wing, cut through the wing joint.



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(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



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st meat completely off the bone. Hold onto the small scale inside the breast so it is not lost from the rest of the meat.



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(j) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



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(k) Lift out the bone and cut it off at the joint.



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(l) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



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(m) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



J. Gerard Smith/© John Wiley & Sons, Inc.

(n) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint, as in Figure 18.5.

FIGURE 18.6 Cutting up chickens, semi-boneless

Appendix #5 – Guidelines for Converting Recipes

PROCEDURE for Calculating Conversion Factors

There is only one step in this procedure:

Divide the desired yield by the old yield stated on the recipe. This formula may be written like a mathematical calculation, as on a calculator, or as a fraction:

Mathematical Calculation : $\text{New yield} \div \text{Old yield} = \text{Conversion factor}$

Fraction : $\frac{\text{New yield}}{\text{Old yield}} = \text{Conversion factor}$

Example 1: You have a recipe with a yield of 8 portions, and you want to make 18 portions.

$$18 \div 8 = 2.25$$

Your conversion factor is 2.25. If you multiply each ingredient in your recipe by 2.25, you will prepare 18 portions, not the 8 of the original recipe.

Example 2: You have a recipe that makes 20 liters of soup, and you want to make 5 liters.

$$5 \div 20 = 0.25$$

Your conversion factor is 0.25. That is, if you multiply each ingredient by 0.25, you will prepare only 5 portions.

Notice in the second example the conversion factor is a number less than 1. This is because the recipe yield is decreased. You are making the recipe smaller. This is a good way to check your math. Decreasing the recipe yield will involve a conversion factor less than 1. Increasing the yield of a recipe will involve a conversion factor larger than 1.

PROCEDURE for Converting Total Yield

1. Calculate the conversion factor as explained in the procedure given above.
2. Multiply each ingredient quantity by the conversion factor:

Old quantity \times Conversion factor = New quantity

Example 2: You have a recipe for 10 portions of Broccoli Mornay requiring 1,500 grams AP broccoli and 600 mL Mornay Sauce. Convert to 15 portions.

$$\frac{\text{New yield}}{\text{Old yield}} = \frac{15}{10} = 1.5$$

$$\text{Broccoli : } 1,500 \text{ g} \times 1.5 = 2,250 \text{ g}$$

$$\text{Sauce : } 600 \text{ mL} \times 1.5 = 900 \text{ mL}$$

Appendix #6 – Uniform Standards

Dress Code for All Skills Alberta Culinary Arts Competitions

Competitors are responsible for supplying the following clothing. This uniform must be worn at all times during the competition.

1. Double breasted long sleeve white chef's jacket
 2. Black or checkered chef pants
 3. White apron (Both short and long aprons are acceptable. Aprons must not be a tripping hazard.)
 4. Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
 5. White necktie?
- A chef hat will be supplied by *Chef's Hat Inc.* to be used for the competition.
 - Uniforms must be clean and in good repair.
 - Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets).
 - Skills Canada Logo jackets are permitted.

Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact <mailto:info@chefs-hat.com> to order.



Appendix #7 – 2026 Secondary Marking Scheme

Safety and Sanitation	Weight:	15
Aspect	Measurement or Judgement	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

Organization & Product Utilization	Weight:	10
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Conversion Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e., over/under preparation	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	
Recipes reflect own ideas & originality - interpreting trends	J	
Selects appropriate fabrication and preparation techniques	J	
Knowledge of Cooking Methods	J	
Knowledge of food Ingredients, their application and preparation	J	
Conversion Exercise	M	

Presentation	Weight:	15
Aspect	Measurement or Judgement	
Presented food/China is cleanly presented. Service wares are free of spills, and fingerprints	M	
Dish fits the China used and shows negative space	M	
Appetizer Visual Presentation Appeal	J	
Main Course - Visual Presentation Appeal	J	
Dessert Creation Visual Presentation Appeal	J	
Modernistic and Contemporary Food Presentation style	J	
Overall Quality and Value of Food Presented	J	
Precision cuts to industry standards	J	
Mother sauce to industry standards	J	
Key/required food ingredients are reflected in the written menu description	M	

Taste and Required Menu Components	Weight:	35
Aspect	Measurement or Judgement	
Appetizer meets correct portion size as per Test Project	M	
Main Course meets correct portion size as per Test Project	M	
Dessert meets correct portion size as per Test Project	M	
Error-free, professionally written descriptive menu	J	
Appetizer - Showcase Required Elements	J	
Main Course - Showcase Required Elements	J	
Dessert Creation Showcase Required Elements	J	
Appetizer Texture & Doneness	J	
Main Course Texture & Doneness	J	
Dessert Creation Texture & Doneness	J	
Appetizer Flavour	J	
Main Course Flavour	J	
Dessert Flavour	J	
Seasoning of Food	J	
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M	
Precision Cut & Competency Weights	M	

Appendix 8 – Checklist

Skills Canada Alberta Competitor Checklist

Please use this checklist as a guideline to help competitors prepare for their competition.

- ☐ Read, and understand what is required for the contest description.
- ☐ Apron, Jacket, hairnet (if applicable). Uniforms cannot have any identifiable markings such as school logos or names.
- ☐ Hand towels
- ☐ Oven mitts/hot pads
- ☐ Closed-toe, anti-slip shoes (not runners/trainers)
- ☐ 2 copies of your menu. Menus Cannot include markings such as school logos or names. *(Secondary Competitors only. Post-Secondary Competitors will create their menus at the competition)*
- ☐ 2 copies of your **detailed** work plan. Work plans cannot include markings such as school logos or names. *(Secondary Competitors only. Post-Secondary Competitors will create their work plans at the competition)*
- ☐ All appropriate tools
- ☐ Appropriate toolbox (which your tools fit into).
- ☐ **All required competencies** are accomplished.
- ☐ Weights on all produced/plated items are understood.
- ☐ No outside ingredients
- ☐ No outside plates/service ware
- ☐ No prohibited equipment (see contest description for details).
- ☐ Latex/Nitrile gloves (if desired).
- ☐ Understand that it is the competitor's responsibility to produce MINIMAL waste. This means that 10% waste is acceptable and over-production will result in point deductions. Recipes provided are guidelines and may need to be adjusted.
- ☐ Pen or pencil for the required conversion/costing test.
- ☐ Competitors understand that shared equipment will have to be used and returned promptly for other competitors to use. This should factor into your work plan to allow enough time to use the equipment and allow for wait times.
- ☐ Dishes are to be washed and dried on site. Toolbox checks may lead to point deductions for unwashed dishes.
- ☐ Appropriate sized toolbox is used for the competition (0.6 cubic meters). All competitor's tools MUST fit into the toolbox. Tools that do not fit into the toolbox cannot be carried in by hand or stacked on top. Toolboxes may be measured and point deductions may occur.
- ☐ Read and understand the judging criteria.
- ☐ Read and understand the appendices listed at the back of the contest description for recipes, conversion factor examples, conversion factor practice. Precision cut examples, and uniform standards.

Appendix 9 – Common Table Items

Dry Goods	Frozen	Vegetables
Agar	Blackberries	Carrots
Baking Powder	Blueberries	Celery
Baking Soda	Raspberries	Fennel
Breadcrumbs, Panko	Strawberries	Garlic
Capers	Fruit, fresh	Ginger
Chocolate Dark, Callebaut 54.5%	Apples, Gala, Granny Smith	Leeks
Chocolate Milk, Callebaut C383	Lemons	Lettuce: Selection of greens & microgreens
Chocolate White, Callebaut 28%	Limes	Mushrooms: Button, Cremini
Coffee, Instant	Oranges	Mushrooms: Shitake
Cocoa Powder	Dairy	Onions: green
Cornstarch	Butter, unsalted	Onions: red
Dried Fruit: Cherries	Cream, 35%	Onions: shallots
Flour, All-purpose	Cream Cheese	Onions: yellow
Gelatin Sheets	Milk, 3.25%	Peppers: jalapeno
Gelatin Powder	Sour Cream, 14%	Peppers: red
Glucose	Cheese	Potato: Russet, Yukon Gold
Mushrooms: Dried, Shitake	Brie	Radish: red
Mushrooms: Dried, Morels	Parmesan-Reggiano	Squash: butternut
Poppy Seeds	Herbs and Spices - Dry	Tomato: Roma
Salt: fine, kosher	Bay Leaves	Zucchini: green
Salt: Maldon sea salt	Cinnamon, Sticks	Peppers: Green
Sesame Seeds, white	Cloves, ground	Fresh Herbs
Sugar: white	Fennel, seed	Basil
Sugar: powdered, brown	Nutmeg, whole	Chervil
Sugar: isomalt	Pepper: cayenne	Chives
Vanilla: bean	Peppercorns: black	Dill
Alcohol	Peppercorns: white	Mint
White wine: dealcoholized	Star Anise	Oregano
Oils/Fats	Proteins and Stocks	Parsley, Italian
Oil: Canola	Bacon: sliced	Tarragon
Oil: Extra Virgin Olive	Bacon: double smoked, slab	Thyme
Shortening	Eggs, large	
Nuts	Stock: dark beef	
Almonds, whole	Stock: white chicken	
Pistachios, whole	Chicken, whole	

Miscellaneous		
Butcher's twine		
Cheesecloth		
Parchment Paper		
Smoking Chips: Assorted		
White Bread		
Honey		
Tabasco Sauce		
Tomato: diced		
Tomato: paste		
Vanilla: extract		
Vinegar: balsamic, cider		
Vinegar: red, white		
Pastry/pie dough		